



# FERS One-Day Pre-Retirement Planning

*Recommended for employees within 5 years of retirement.  
The emphasis of this course is discussion of the various choices  
available to employees at retirement.*

## Morning

### **FERS Retirement Program** 0730-0945

- Retirement Categories and Criteria
- Annuity Formulas & Calculations
- FERS Annuity Supplement
- Credit for Sick Leave
- Impact of Deposits (military, temporary and refunded service)
- FERS Transferees
- Calculation of FERS annuity & supplement (*group exercise*)

### **Survivor Benefits** 0945-1030

- Retirement Choices and Costs
  - Spousal Choices
  - Insurable Interest
- FERS Death Benefit
- Children's Benefits

### **Social Security** 1030-1130

- Benefit Calculation
- Age Penalty
- Family Benefits
- File & Suspend Strategy
- Earnings Limitations

### **Lunch** 1130-1230

## Afternoon

### **Thrift Savings Plan** 1230-1330

- Contribution Limits
- Traditional & Roth TSP Comparison
- Investment Overview
- Withdrawal Options
- Taxes & Penalties
- Death Benefits & Beneficiaries

### **Federal Employees Health Benefit Program** 1330-1415

- Requirements for Continuation for Retiree and Survivor
- FEHB & Medicare/Tri-Care

### **Federal Employees Group Life Insurance** 1415-1500

- Retirement Choices
- Retirement Cost Calculation (*group exercise*)
- Living Benefits
- Beneficiaries

### **Federal Long-Term Care Program** 1500-1530

- Eligibility
- Terms
- Premiums

### **Conclusion** 1530-1600

- Retirement Planning Guidelines & Resources
- Returning to Govt Service
- Forms and Procedures
- Evaluations